

Monday	Tuesday	Wednesday	Thursday	Friday
2 Relaxation & Music Therapy 5:30- 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	3 Relaxation Group 10:00- 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963 報名在線粵語互助小組 Online Cantonese Support Group 上午 10:30- 中午12:00 10:30 AM – 12:00 PM PT 粵語小組 Click to Register Cultivating Your Spiritual Garden 2:00 – 4:00 PM PT Click to Register	4 Brain Tumour Support Group 9:30- 11:00 AM PT Call to Register: 604-877-6000 ext. 672194 Family Art Therapy Program 3:30 – 5:00 PM PT Click to Register.	5 Head & Neck Cancer Support Group 10:15- 11:45 AM PT In-person at BC Cancer Victoria (Open to All) Call to Register: 250-519-5525 Relaxation & Music Therapy 10:30- 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 報名在線國語互助小組 Online Mandarin Support Group 上午 10:30- 中午 12:00 10:30 AM – 12:00 PM PT 國語小組 Click to Register Knitting Circle 2:00- 4:00 PM PT In-person at BC Cancer Vancouver Library, 1st Floor of Research Building (675 W 10th Ave) Click to Register Exploring MAiD through a Spiritual/Existential Lens 6:30- 7:30 PM PT via Zoom Email to Register (oceanna.hall@phsa.ca)	6 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Relaxation & Music Therapy 2:30- 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194

Monday	Tuesday	Wednesday	Thursday	Friday
9 Relaxation & Music Therapy 5:30- 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	10 Relaxation Group 10:00- 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963 Young Adults Group 10:30 AM – 12:00 PM PT Click to Register Create Like the Masters 1:00 – 2:30 PM PT Click to Register Cultivating Your Spiritual Garden 2:00 – 4:00 PM PT Click to Register	11	12 Return to Work Group 9:00 – 12:00 PM PT Click to Register or Call to Register: 236-668-8719 Relaxation & Music Therapy 10:30- 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 Art & Music Studio Group 1:00 – 3:00 PM PT Click to Register. New Food Choices to Manage Bowel Changes 2:30- 3:30 PM PT Click to Register MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30- 2:30 PM PT or 6:30- 7:30 PM PT via Zoom Email to Register (virtualspiritualhealth@phsa.ca)	13 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Relaxation & Music Therapy 2:30- 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
16 Relaxation & Music Therapy 5:30- 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	17 Relaxation Group 10:00- 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963	18 The Sacred Work of Dying 1:00 – 2:30 PM PT Email to Register (virtualspiritualhealth@phsa.ca) Eating Well on Your Cancer Journey 1:30- 2:30 PM PT via Zoom Click to Register	19 Relaxation & Music Therapy 10:30- 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	20 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000

Monday	Tuesday	Wednesday	Thursday	Friday
	Create Like the Masters 1:00 – 2:30 PM PT Click to Register Cultivating Your Spiritual Garden 2:00 – 4:00 PM PT Click to Register		Knitting Circle 2:00- 4:00 PM PT In-person at BC Cancer Vancouver Library, 1st Floor of Research Building (675 W 10th Ave) Click to Register Soul Food: A Spiritual Health Group 2:30- 4:00 PM PT via Zoom Click to Register Exploring MAiD through a Spiritual/Existential Lens 6:30- 7:30 PM PT via Zoom Email to Register (oceanna.hall@phsa.ca)	Relaxation & Music Therapy 2:30- 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194
23 Lung Cancer Support Group 10:00- 11:30 AM PT via Zoom Call to Register: 604-930-4000 Relaxation & Music Therapy 5:30- 6:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194	24 Relaxation Group 10:00- 11:15 AM PT In-person at BC Cancer Kelowna Call to Register: 250-712-3963 or 1-800-563-7773 ext. 683963 Create Like the Masters 1:00 – 2:30 PM PT Click to Register Cultivating Your Spiritual Garden 2:00 – 4:00 PM PT Click to Register	25 The Sacred Work of Dying 1:00 – 2:30 PM PT Email to Register (virtuallspiritualhealth@phsa.ca) Head & Neck Cancer Support Group 2:00- 3:30 PM PT In-person at BC Cancer Vancouver (only Vancouver Patients) Call to Register: 604-877-6000 ext. 672194	26 Relaxation & Music Therapy 10:30- 11:30 AM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194 MAiD Bereavement Support Group Bi-Weekly Virtual Sessions 1:30- 2:30 PM PT or 6:30- 7:30 PM PT via Zoom Email to Register (virtuallspiritualhealth@phsa.ca)	27 Living with Metastatic Cancer Support Group 10:00- 11:30 AM PT via Zoom Pre-registration required Call to Register: 604-930-4000 Relaxation & Music Therapy 2:30- 3:30 PM PT Call to Register: 604-877-6000 or 1-800-663-3333 ext. 672194

February 2026

Support Programs



Community Support Programs & Information

Coping with Cancer BC Cancer Website Info	Canadian Cancer Society 1-888-939-3333	Look Good Feel Better Workshops 1-800-914-5665	Inspire Health 1-888-734-7125
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[Sign-up](#) and receive monthly Supportive Care eBulletins

Email: Jonathan.avery@bccancer.bc.ca

Website: www.bccancer.bc.ca